

The Mask Of Motherhood How Becoming A Mother Changes Our Lives And Why We Never Talk About It

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Motherhood and Feminism - Amber E. Kinser 2010-05-04
How does feminism relate to motherhood, how has it changed over time, and what does the future of motherhood and feminism look like? These are just some of the questions Amber E. Kinser, PhD, tackles in this latest addition to the Seal Studies Series. **Motherhood and Feminism** examines the role of feminism within motherhood—a topic that has garnered a lot of attention lately as society shifts to adapt to new definitions of these roles—and offers insight into the core questions of motherhood: what it means to be a good mother, what role mothers play in the family and in society, and how motherhood has been redefined throughout time. Kinser also speculates on the future directions of feminism—focusing on the expansion of contemporary mother activism that has occurred in the last 15 years, and emphasizing the need for that expansion to continue—and examines how the changing world of motherhood fits into feminist activism.

New Criticism and Pedagogical Directions for Contemporary Black Women Writers - LaToya Jefferson-James 2022-03-03
New Criticism and Pedagogical Directions for Contemporary Black Women Writers spans the contemporary era into the AfroFuture. It begins with Ann Petry, who has been forcibly mashed into masculinized critical paradigms, and ends by introducing audiences to Black speculative and Science Fiction writers.
Motherhood and Postnatal Depression - Carolyn Westall 2011-07-21
Globally, postnatal depression (PND) is a growing public health problem. PND affects 10 to 15% of women in Western society. It caused by a combination of biological, psychological and social factors. Two models have attempted to define and explain PND; the biomedical and the sociological models. The traditional biomedical model views PND as a medical condition which implies there is individual pathology and abnormality. Whilst the biomedical model has been the dominant model in

treating PND, it has been criticized by feminist sociologists and psychologists for its rigidity in defining and explaining PND. In contrast, the psychosocial model of health acknowledges the biological factors that impact on emotional well-being, but places more emphasis on the personal and social factors that impact on emotional well-being, but places more emphasis on the personal and social factors that contribute to depressive symptoms such as gender, poverty, social disadvantage and social class. The central argument throughout this book is the importance of support before and after the birth for women's emotional well-being. This book will also include women's journeys through pregnancy, childbirth, motherhood, postnatal depression, and resolution. To date, literature has focused on women's lived experiences of PND rather than their personal journeys through pregnancy, childbirth and early motherhood. Additionally, the adjustment to fatherhood has received less attention. For example, little is known about the impact of postnatal depression on the partner, what support partners offer when women with the intention to fill the gap in knowledge of cultural and social issues relating to pregnancy, childbirth, and motherhood for woman who were diagnosed with, and had resolved, PND.

Mother Outlaws - Andrea O'Reilly
2004-05-13

Feminist scholars of motherhood distinguish between mothering and motherhood, and argue that the latter is a patriarchal institution that is oppressive to women. Few scholars, however, have considered how mothering, as a female defined and centred experience, may be a site of empowerment for women. This collection is the first to do so. *Mother Outlaws* examines how mothers

imagine and implement theories and practices of mothering that are empowering to women. Central to this inquiry is the recognition that mothers and children benefit when the mother lives her life, and practices mothering, from a position of agency, authority, authenticity and autonomy. *It Gets Easier! ... and Other Lies We Tell New Mothers* - Claudine Wolk 2009 There is no question that being a mother is challenging, but this fun, frank, and prescriptive guide tries to do the impossible and make new motherhood easier. Featuring interviews with hundreds of moms and candid stories from author Claudine Wolk's own experiences as a mother, *It Gets Easier!...and Other Lies We Tell New Mothers* mixes humor, honesty, and insider strategies that will give new moms a "leg-up." This upbeat and entertaining book drives home the point that new moms are not alone and that there are things they can do to make motherhood a little more controllable and lot more enjoyable. It addresses such issues as: * "The Talk" you need to have with your husband before you give birth * what you really need to know about labor and delivery * the importance of a baby schedule (no matter what anyone else says) * the 6 Baby Commandments that can foster good eating and sleeping habits * 5 new mom mantras that will help keep you sane * body image after giving birth * how to keep housework to a minimum Complete with resources for further exploration and a helpful glossary, this funny, irreverent book will help ease every new mother's frustration.

Philosophical Inquiries into Pregnancy, Childbirth, and Mothering - Sheila Lintott 2013-03-01

Philosophical inquiry into pregnancy, childbirth, and mothering is a growing area of interest to academic philosophers. This volume brings

together a diverse group of philosophers to speak about topics in this reemerging area of philosophical inquiry, taking up new themes, such as maternal aesthetics, and pursuing old ones in new ways, such as investigating stepmothering as it might inform and ground an ethics of care. The theoretical foci of the book include feminist, existential, ethical, aesthetic, phenomenological, social and political theories. These perspectives are then employed to consider many dimensions of pregnancy, childbirth, and mothering, which are of central importance to human existence, but are only rarely discussed in philosophical canons. Topics include pregnancy and embodiment, breast-feeding, representations – or the lack thereof – of pregnant and birthing women, adoption, and post-partum motherhood. **Mothers Who Deliver** - Jocelyn Fenton Stitt 2010-09-01

New directions in thinking about mothering.

Childbearing and the Changing Nature of Parenthood - Rosalina Pisco Costa 2019-11-25

Around the globe, the very conceptualization of family is associated with the relationship between a parent and a child. The birth of a child represents both the end of one experience, and the beginning of another.

Motherhood and Choice - Amrita Nandy 2017-10-02

How can women live fully? If autonomy is critical for humans, why do women have little or no choice vis-à-vis motherhood? Do women know they have a choice, if they do? How 'free' are these choices in a context where the self is socially mired and deeply enmeshed into the familial? What are implications of motherhood on how human relatedness and belonging are defined? These questions underlie Amrita Nandy's remarkable research on

motherhood as an institution, one that conflates 'woman' with 'mother' and 'personal' with 'political'. As the bedrock of human survival and an unchallenged norm of 'normal' female lives, motherhood expects and even compels women to be mothers—symbolic and corporeal. Even though the ideology of pronatalism and motherhood reinforce reproductive technology and vice versa, the care work of mothering suffers political neglect and economic devaluation. However, motherhood (and non-motherhood) is not just physiological. As the pivot to a web of heteronormative institutions (such as marriage and the family), motherhood bears an overwhelming and decisive influence on women's lives. Against the weight of traditional and contemporary histories, socio-political discourse and policies, this study explores how women, as embodiments of multiple identities, could live stigma-free, 'authentic' lives without having to abandon reproductive 'self'-determination. Published by Zubaan.

Twenty-first Century Motherhood - Andrea O'Reilly 2010-09-23

A pioneer of modern motherhood studies, Andrea O'Reilly explores motherhood's current representation and practice, considering developments that were unimaginable decades ago: the Internet, interracial surrogacy, raising transchildren, male mothering, intensive mothering, queer parenting, the applications of new biotechnologies, and mothering in the post-9/11 era. Her work pulls together a range of disciplines and themes in motherhood studies. She confronts the effects of globalization, HIV/AIDS, welfare reform, politicians as mothers, third wave feminism, and the evolving motherhood movement, and she incorporates Chicana, African-

American, Canadian, Muslim, queer, low-income, trans, and lesbian perspectives.

Motherhood Memoirs: Mothers Creating/Writing Lives - Justine Dymond 2013-07-01

The authors in this collection examine and critique motherhood memoir, alongside the texts of their own lives, while seeking to transform mothering practice—highlighting revolutionary praxis within books, or, when none is available, creating new visions for social change. Many essays interrogate the tensions of maternal narrative—the negotiation of the historical location of writer and readers, narrative and linguistic constraints, and the slippery ground of memory—as well as the borders constructed between the “objective” scholar and the reader who engages with and identifies with texts through her intellect and her emotional being.

Making Peace with Motherhood... and Creating a Better You - Heidi Bratton 2002

A Christian based approach to the issues facing modern mothers.

Monstrous Mothers: Troubling Tropes - Andrea O'Reilly 2021-08-01

Motherhood is one of those roles that assumes an almost-outsized cultural importance in the significance we force it to bear. It becomes both the source of and the repository for all kinds of cultural fears. Its ubiquity perhaps makes it this perfect foil. After all, while not everyone will become a mother, everyone has a mother. When we force motherhood to bear the terrors of what it means to be human, we inflict trauma upon those who mother. A long tradition of bad mothers thus shapes contemporary mothering practices (and the way we view them), including the murderous Medea of Greek mythology, the power-hungry Queen Gertrude of Hamlet, and the emasculating mother of Freud's

theories. Certainly, there are mother who cause harm, inflict abuse, act monstrously. Mothers are human. But mothers are also a favourite and easy scapegoat. The contributors to this collection explore a multitude of interdisciplinary representations of mothers that, through their very depictions of bad mothering, challenge the tropes of monstrous mothering that we lean on, revealing in the process why we turn to them. Chapters in *Monstrous Mothers: Troubling Tropes* explore literary, cinematic, and real-life monstrous mothers, seeking to uncover social sources and results of these monstrosities.

This Is Not How I Thought It Would Be - Kristin Maschka 2009-10-06

An important look at motherhood and family dynamics in the 21st century?by the national spokesperson of Mothers & More. Kristin Maschka, past president of Mothers & More, a national organization with more than 140 chapters across the country, shines a spotlight on the complex issues mothers face?at work, in their homes, their lives, and with their partners? and shows how the hidden assumptions that society, the media, public policy, and women themselves hold about motherhood can sabotage a mother?s happiness. Maschka weaves together her own story, anecdotes from mothers all over the country, and a deep knowledge of history and society to offer mothers a comforting, often funny read that helps them see themselves and the world around them in a whole new way. At the same time she provides specific actions women can take today to remodel motherhood to live the lives they always thought they would. Textual Mothers/Maternal Texts - Elizabeth Podnieks 2011-04-07 *Textual Mothers/Maternal Texts* focuses on mothers as subjects and as writers who produce auto/biography,

fiction, and poetry about maternity. International contributors examine the mother without child, with child, and in her multiple identities as grandmother, mother, and daughter. The collection examines how authors use textual spaces to accept, negotiate, resist, or challenge traditional conceptions of mothering and maternal roles, and how these texts offer alternative practices and visions for mothers. Further, it illuminates how textual representations both reflect and help to define or (re)shape the realities of women and families by examining how mothering and being a mother are political, personal, and creative narratives unfolding within both the pages of a book and the spaces of a life. The range of chapters maps a shift from the daughter-centric stories that have dominated the maternal tradition to the matrilineal and matrifocal perspectives that have emerged over the last few decades as the mother's voice moved from silence to speech. Contributors make aesthetic, cultural, and political claims and critiques about mothering and motherhood, illuminating in new and diverse ways how authors and the protagonists of the texts "read" their own maternal identities as well as the maternal scripts of their families, cultures, and nations in their quest for self-knowledge, agency, and artistic expression.

Spirituality in the Mother Zone - Trudelle Thomas 2005
A blend of personal stories, theological reflection, and practical wisdom, this book will help struggling mothers find comfort, courage, and an imaginative vision for the future.

The Changing Face of Motherhood in Spain - Catherine Bourland Ross
2015-12-24

The social construction of motherhood is a universal theme that is

significant in all societies. This book shows how the social institutions of work, politics, sex, religion and psychology provide definitions of what a mother should be and how the works of Lucía Etxebarria reflect the changes in Spanish society regarding motherhood.

Feminist Mothering - Andrea O'Reilly
2008-10-09

Essays explore a wide range of contemporary feminist mothering practices.

The Winter of Our Disconnect - Susan Maushart 2011-06-28

For any parent who's ever IM-ed their child to the dinner table - or yanked the modem from its socket in a show of primal parental rage - this account of one family's self-imposed exile from the Information Age will leave you ROFLing with recognition. But it will also challenge you to take stock of your own family connections, to create a media ecology that encourages kids - and parents - to thrive. When journalist and commentator Susan Maushart first decided to pull the plug on all electronic media at home, she realised her children would have sooner volunteered to go without food, water or hair products. At ages 14, 15 and 18, her daughters and son didn't use media. They inhabited media. Just exactly as fish inhabit a pond. Gracefully. Unblinkingly. And utterly without consciousness or curiosity as to how they got there. Susan's experiment with her family was a major success and she found that having less to communicate with, her family is communicating more. At the simplest level, *The Winter of Our Disconnect* is the story of how one family survived six months of wandering through the desert, digitally speaking, and the lessons learned about themselves and technology along the way. At the same time, their story is a channel to a

wider view - into the impact of new media on the lives of families, into the very heart of the meaning of home.

When Mothers Kill - Cheryl L. Meyer
2008-06-01

Winner of the 2008 Outstanding Book Award by the Academy of Criminal Justice Sciences Michelle Oberman and Cheryl L. Meyer don't write for news magazines or prime-time investigative television shows, but the stories they tell hold the same fascination. When Mothers Kill is compelling. In a clear, direct fashion the authors recount what they have learned from interviewing women imprisoned for killing their children. Readers will be shocked and outraged—as much by the violence the women have endured in their own lives as by the violence they engaged in—but they will also be informed and even enlightened. Oberman and Meyer are leading authorities on their subject. Their 2001 book, Mothers Who Kill Their Children, drew from hundreds of newspaper articles as well as from medical and social science journals to propose a comprehensive typology of maternal filicide. In that same year, driven by a desire to test their typology—and to better understand child-killing women not just as types but as individuals—Oberman and Meyer began interviewing women who had been incarcerated for the crime. After conducting lengthy, face-to-face interviews with forty prison inmates, they returned and selected eight women to speak with at even greater length. This new book begins with these stories, recounted in the matter-of-fact words of the inmates themselves. There are collective themes that emerge from these individual accounts, including histories of relentless interpersonal violence, troubled relationships with parents (particularly with mothers),

twisted notions of romantic love, and deep conflicts about motherhood. These themes structure the books overall narrative, which also includes an insightful examination of the social and institutional systems that have failed these women. Neither the mothers nor the authors offer these stories as excuses for these crimes.

The Mask of Motherhood - Susan Maushart
2000-05-01

Becoming a mother is filled with the extremes of emotion --the highest highs and the lowest lows. But women are often reluctant to talk honestly about the experience for fear they'll be seen as bad mothers. With wit and candor, The Mask of Motherhood takes on the myths and the misinformation, helping women to prepare and deal with the depth of feeling that comes with the experience and perhaps most important, it lets them know that many, if not most, new mothers are feeling the same way. Susan Maushart, sociologist and mother of three, explores how motherhood affects our marriages and friendships, our relationships with parents, our sex lives, and our self-esteem. In The Mask of Motherhood, mothers will find the comfort and reassurance they are looking for, and confirmation that, indeed, motherhood is the toughest job in the world, but can also be the most rewarding.

The Routledge Companion to Motherhood

- Lynn O'Brien Hallstein
2019-11-21
Interdisciplinary and intersectional in emphasis, the Routledge Companion to Motherhood brings together essays on current intellectual themes, issues, and debates, while also creating a foundation for future scholarship and study as the field of Motherhood Studies continues to develop globally. This Routledge Companion is the first extensive collection on the wide-ranging topics, themes, issues, and debates

that ground the intellectual work being done on motherhood. Global in scope and including a range of disciplinary perspectives, including anthropology, literature, communication studies, sociology, women's and gender studies, history, and economics, this volume introduces the foundational topics and ideas in motherhood, delineates the diversity and complexity of mothering, and also stimulates dialogue among scholars and students approaching from divergent backgrounds and intellectual perspectives. This will become a foundational text for academics in Women's and Gender Studies and interdisciplinary researchers interested in this important, complex and rapidly growing topic. Scholars of psychology, sociology or public policy, and activists in both university and workplace settings interested in motherhood and mothering will find it an invaluable guide.

Regretting Motherhood - Orna Donath
2017-07-11

A provocative and deeply important study of women's lives, women's choices—and an 'unspoken taboo'—that questions the societal pressures forcing women into motherhood. Women who opt not to be mothers are frequently warned that they will regret their decision later in life, yet we rarely talk about the possibility that the opposite might also be true—that women who have children might regret it. Drawing on years of research interviewing women from a variety of socioeconomic, educational, and professional backgrounds, sociologist Orna Donath treats regret as a feminist issue: as regret marks the road not taken, we need to consider whether alternative paths for women currently are blocked off. She asks that we pay attention to what is forbidden by rules

governing motherhood, time, and emotion, including the cultural assumption that motherhood is a "natural" role for women—for the sake of all women, not just those who regret becoming mothers. If we are disturbed by the idea that a woman might regret becoming a mother, Donath says, our response should not be to silence and shame these women; rather, we need to ask honest and difficult questions about how society pushes women into motherhood and why those who reconsider it are still seen as a danger to the status quo. Groundbreaking, thoughtful, and provocative, this is an especially needed book in our current political climate, as women's reproductive rights continue to be at the forefront of national debates.

Encyclopedia of Motherhood - Andrea O'Reilly
2010-04-06

In the last decade, the topic of motherhood has emerged as a distinct and established field of scholarly inquiry. A cursory review of motherhood research reveals that hundreds of scholarly articles have been published on almost every motherhood theme imaginable. The Encyclopedia of Motherhood is a collection of approximately 700 articles in a three-volume, A-to-Z set exploring major topics related to motherhood, from geographical, historical and cultural entries to anthropological and psychological contributions. In human society, few institutions are as important as motherhood, and this unique encyclopedia captures the interdisciplinary foundation of the subject in one convenient reference. The Encyclopedia is a comprehensive resource designed to provide an understanding of the complexities of motherhood for academic and public libraries, and is written by academics and institutional experts in the social and behavioural

sciences.

Mothers at the Margins - Jenny Jones
2015-06-18

In the last two decades, maternal scholarship has grown exponentially. Despite this, however, there are still numerous areas which remain under-researched, one of which is the experiences of marginalised mothers. Far from being a sentimental, feel-good account of mothering, this collection speaks with the voices of mothers through the application of a matricentric lens. In particular, it speaks with the voices of those mothers who feel alienated or stigmatised; mothers who have been rendered ...

Becoming a mother - Carla Pascoe Leahy
2023-04-04

Becoming a mother charts the diverse and complex history of Australian mothering for the first time, exposing the ways it has been both connected to and distinct from parallel developments in other industrialised societies. In many respects, the historical context in which Australian women come to motherhood has changed dramatically since 1945. And yet examination of the memories of multiple maternal generations reveals surprising continuities in the emotions and experiences of first-time motherhood. Drawing upon interdisciplinary insights from anthropology, history, psychology and sociology, Carla Pascoe Leahy unpacks this multifaceted rite of passage through more than 60 oral history interviews, demonstrating how maternal memories continue to influence motherhood today. Despite radical shifts in understandings of gender, care and subjectivity, becoming a mother remains one of the most personally and culturally significant moments in a woman's life.

Wifework - Susan Maushart 2008-12-06
Wifework is a fiercely argued, in-

depth look at the inequitable division of labor between husbands and wives. Bolstering her own personal experience as a twice-married mother of three with substantial research and broad statistical evidence, Susan Maushart explores the theoretical and evolutionary reasons behind marriage inequality. She forces us to consider why 50 per cent of marriages end in divorce, and why women are responsible for initiating three-quarters of them. If family life is worth saving, and Maushart passionately believes it is, the job description for wives will have to be rewritten. Susan Maushart was born in New York and has lived in Australia since 1985. Her first book, *Sort of a Place Like Home*, won a Festival Award for Literature at the Adelaide Festival in 1994, and her second, *The Mask of Motherhood*, was published to international acclaim. She is a senior research associate at Curtin University, a columnist for the *Australian Magazine* and lives in Perth with her three children. 'An often funny dissection of modern marriage...100 percent honest. [A] smart and witty book.' -Publishers Weekly 'With good-humored aplomb, Maushart makes clear she doesn't think marriage or men are "rotten", but that "the way we typically divide up the business-and the pleasure, too-of our adult relationships is inefficient, maladaptive, and unfair.'-Bookpage 'Maushart assembles an overwhelming amount of data documenting how marriage has perpetuated inequities between husband and wife.'-Christian Science Monitor Daily 'Susan Maushart's heartfelt and incendiary *Wifework* is a brief against traditional marriage that took me back to the galvanizing effect of reading Friedan.' - Salon.com 'A wake-up call for women feeling trapped by marriage.'-

Booklist

Taking the Village Online: Mothers, Motherhood and Social Media - Basden Lorin Arnold 2016-11-01

The rise of social media has changed how we understand and enact relationships across our lives, including motherhood. The meanings and practices of mothering have been significantly impacted by the availability of communities found via forums, blogs, and sites like Twitter, Facebook, and Instagram, as well as internet resources that function to inform maternal experience and self-concept (ex. motherhood websites, Pinterest, or YouTube). The village that now contributes to the mothering experience has grown exponentially, granting mothers access to interactional partners and knowledge never before available. This volume of works explores the impact of social media forms on our cultural understandings of motherhood and the ways that we communicate about the experience and practice of mothering.

The Mask of Motherhood - Susan Maushart 1999-01

Becoming a mother is filled with the extremes of emotion --the highest highs and the lowest lows. But women are often reluctant to talk honestly about the experience for fear they'll be seen as bad mothers. With wit and candor, *The Mask of Motherhood* takes on the myths and the misinformation, helping women to prepare and deal with the depth of feeling that comes with the experience and perhaps most important, it lets them know that many, if not most, new mothers are feeling the same way. Susan Maushart, sociologist and mother of three, explores how motherhood affects our marriages and friendships, our relationships with parents, our sex lives, and our self-esteem. In *The Mask of Motherhood*, mothers will find the comfort and reassurance they are

looking for, and confirmation that, indeed, motherhood is the toughest job in the world, but can also be the most rewarding.

Mother-Texts - Julie Kelso 2010-07-12

Every day, human beings tell and are told stories, sometimes in obvious ways, sometimes not. Most of our communication with each other, direct or indirect, involves narrative production and reception. Narrative is constitutive of human being. However, whose narratives are heard? Feminists argue that the relations between language, knowledge, gender and power, particularly the question as to whether man-made and controlled language is a material fit to receive and convey woman's stories, are critical issues, because historically, patriarchy has worked to silence women's dialogue. Male knowledge, unsurprisingly, created and continues to create unrepresentative maternal narratives which lead to unreal expectations of mothers and motherwork. It is, therefore, disconcertingly significant for mothers that neither mothers nor their motherwork have been considered worthy of historical record; nor are historical records usually written from a mother's perspective. Hence, the narrative research in this book, which gives recognition to motherhood, mothers and/or the work they do, is valuable. It adds to the rapidly accumulating maternal research--research that is now available for the historical record. Mothers are speaking up, developing a canon of literature/research narrated in maternal language and claiming maternal knowledge and power.

Women's Reproductive Mental Health Across the Lifespan - Diana Lynn Barnes 2014-05-30

"In this book you'll find a thoughtfully edited chronicle of the unique convergence of genetic,

hormonal, social, and environmental forces that influence a woman's mental health over the course of her life. Both comprehensive and nuanced, *Women's Reproductive Mental Health Across the Lifespan* captures the science, clinical observation, and collective wisdom of experts in the field. Professionals and laypersons alike are well-advised to make room on their bookshelves for this one!" - Margaret Howard, Ph.D., Warren Alpert Medical School of Brown University; Women & Infants Hospital, Providence RI "This outstanding collection of work is an important, timely, and much needed resource. Dr. Diana Lynn Barnes has been instrumental in bringing attention to the needs of perinatal women for decades. In *Women's Reproductive Health Across the Lifespan*, she brilliantly unites the medical world of reproductive life events with the psychiatric and psychological world of mental health issues associated with them. Her expertise, combined with contributions by distinguished leaders in the field, create a volume of work that should be studied carefully by every medical and mental health provider who works with women." - Karen Kleiman, MSW, The Postpartum Stress Center, Author of *Therapy and the Postpartum Woman* "Finally, a book that addresses the entire scope of women's reproductive mental health spanning the gamut from puberty to menopause. The list of chapter contributors reads like a who's who of international experts. Unique to this book is its focus on the interaction of genetics, hormonal fluctuations, and the social environment. It is a must addition for the libraries of clinicians and researchers in women's reproductive mental health". - Cheryl Tatano Beck, DNSc, CNM, FAAN, Board of Trustees Distinguished Professor, School of Nursing, University of Connecticut

Pregnancy and childbirth are generally viewed as joyous occasions. Yet for numerous women, these events instead bring anxiety, depression, and emotional distress. Increased interest in risk reduction and early clinical intervention is bringing reproductive issues to the forefront of women's mental health. The scope of *Women's Reproductive Mental Health across the Lifespan* begins long before the childbearing years, and continues well after those years have ended. Empirical findings, case examples, and dispatches from emerging areas of the field illuminate representative issues across the continuum of women's lives with the goal of more effective care benefitting women and their families. Chapter authors discuss advances in areas such as fertility treatment and contraception, and present current thinking on the psychological impact of pregnancy loss, menopause, cancer, and other stressors. These expert contributors emphasize the connections between an individual's biology and psychology and cultural expectations in shaping women's mental health, and the balance between a client's unique history and current clinical knowledge clinicians need to address disorders. Included in the coverage: The experience of puberty and emotional wellbeing. Body image issues and eating disorders in the childbearing years. Risk assessment and screening during pregnancy. Normal and pathological postpartum anxiety. Mood disorders and the transition to menopause. The evolution of reproductive psychiatry. A reference with an extended shelf life, *Women's Reproductive Mental Health across the Lifespan* enhances the work of researchers and practitioners in social work, clinical psychology, and psychiatry, and has potential relevance to all health care professionals.

Mad Mothers, Bad Mothers, and What a "Good" Mother Would Do - Sarah

LaChance Adams 2014-04-29

When a mother kills her child, we call her a bad mother, but, as this book shows, even mothers who intend to do their children harm are not easily categorized as "mad" or "bad." Maternal love is a complex emotion rich with contradictory impulses and desires, and motherhood is a conflicted state in which women constantly renegotiate the needs mother and child, the self and the other. Applying care ethics philosophy and the work of Emmanuel Levinas, Maurice Merleau-Ponty, and Simone de Beauvoir to real-world experiences of motherhood, Sarah LaChance Adams throws the inherent tensions of motherhood into sharp relief, drawing a more nuanced portrait of the mother and child relationship than previously conceived. The maternal example is particularly instructive for ethical theory, highlighting the dynamics of human interdependence while also affirming separate interests. LaChance Adams particularly focuses on maternal ambivalence and its morally productive role in reinforcing the divergence between oneself and others, helping to recognize the particularities of situation, and negotiating the difference between one's own needs and the desires of others. She ultimately argues maternal filicide is a social problem requiring a collective solution that ethical philosophy and philosophies of care can inform.

Media Work, Mothers and Motherhood -

Susan Liddy 2021-04-21

This interdisciplinary and international volume offers an innovative and critical exploration of the impact of motherhood on the engagement of women in media and creative industries across the globe.

Diverse contributions critically engage with the intersections and overlap between the social categories of worker and mother, and the work of media production and maternal caregiving. Conflicting ideas about, and expectations of, mothers are untangled in the context of the working world of radio, film, television and creative media industries. The book teases out commonalities between experiences that are evident across a number of countries, from Hollywood to Bollywood, as well as examining the differences between class, religion, maternal status and cultural frameworks that surround working mothers in various nation states. It also offers some possibilities for ways forward that can improve the lives of women workers who are also mothers. A timely and valuable contribution to international debates on equality, mothers and motherhood in audiovisual industries, this book will be of interest to scholars and students of media, communication, cultural studies and gender, programmes engaged with work inequalities and motherhood studies, and activists, funders, policymakers and practitioners.

Slay Like a Mother - Katherine Wintsch 2019-03-19

"Slay Like a Mother is a feisty, clever, and fun blueprint for modern motherhood that belongs on every book shelf and in every diaper bag...As a woman and mother, you'll gain a newfound power, happiness, and ability to leap tall Lego buildings in a single bound."—Erin Falconer, author of *How To Get Sh*t Done: Why Women Need to Stop Doing Everything So They Can Achieve Anything* A revelatory, inspirational guide for mothers to crush their "never enough" mentality and slay every day! Katherine Wintsch knows firsthand the self-doubt that rages inside modern

moms. As founder and CEO of The Mom Complex, she has studied the passions and pain points of moms worldwide to help some of the largest brands develop innovative new products and services. As a working mom of two, she was running in an exhausting cycle of "never enough"—not strong enough, not thin enough, not patient enough, not "mom" enough. In *Slay Like a Mother*, you'll laugh, you'll cry, and you'll discover eye-opening lessons about: THE MASK YOU'RE WEARING. The one you hide behind when you say everything is "just fine" when it's not. YOUR UNREALISTIC EXPECTATIONS. The goal-setting tactics you're deploying to get ahead could be what's holding you back. THE DIFFERENCE BETWEEN STRUGGLING AND SUFFERING. Being a mother is a struggle – it always has been – but your suffering is optional. Brave, supportive, and insightful, the stories and advice in this book will encourage you to live more confidently, enjoy the present, and become your best self – as a woman, a mother, and beyond. Perfect for fans of *Girl Wash Your Face* and #IMomSoHard! ***As featured in The Wall Street Journal and Parade.com*** Additional Praise for *Slay Like a Mother*: "Wintsch's style is brisk and forthright with enough humor to make readers laugh even as she illuminates dark corners. Although this is aimed at moms, any woman will find this enlightening and encouraging."—Booklist, STARRED review "Slay Like a Mother is much more than a self-help book for women; it is the end of self-doubt and the beginning of self-love... and that is nothing short of life-changing"—Rachel Macy Stafford, New York Times bestselling author of *Hands Free Mama*

Motherhood, Spirituality and Culture
- Noelia Molina 2019-02-25
Motherhood, Spirituality and Culture

explores spiritual skills that may assist women in changes, challenges and transformations undergone through the transition to motherhood. This study comprises rich, qualitative data gathered from interviews with 11 mothers. Results are analysed by constructing seven unique maternal narratives that elucidate and give voice to the mothers in their transition by in depth exploration of six themes emerging from the analysis. Overall discussion ranges across such realities as: • desires, expectations and illusions for mothering; • birth and spiritual embodied experiences of mothering; • instinctual knowing; identity and crisis, and connections of motherhood; • changes and transformations undergone through motherhood. This study presents a unique framework for qualitative studies of spirituality within motherhood research; by weaving together transpersonal psychology, humanistic psychology, spiritual intelligence and the spiritual maternal literature. This book will appeal to all women who have transitioned to motherhood. It will also be of assistance to professionals who wish to approach any aspect of maternity care and support from a transpersonal perspective. It will also provide unique insights for academics and postgraduate students in the fields of anthropology, psychology, psychotherapy and feminism studies. *The Mask of Motherhood* - Susan Maushart 1997

Becoming a mother is filled with the extremes of emotion --the highest highs and the lowest lows. But women are often reluctant to talk honestly about the experience for fear they'll be seen as bad mothers. With wit and candor, *The Mask of Motherhood* takes on the myths and the misinformation, helping women to prepare and deal

with the depth of feeling that comes with the experience and perhaps most important, it lets them know that many, if not most, new mothers are feeling the same way. Susan Maushart, sociologist and mother of three, explores how motherhood affects our marriages and friendships, our relationships with parents, our sex lives, and our self-esteem. In *The Mask of Motherhood*, mothers will find the comfort and reassurance they are looking for, and confirmation that, indeed, motherhood is the toughest job in the world, but can also be the most rewarding.

Me Before Mom - Bert M. Anderson
2018-11-23

No one warned me that becoming a mother would make me feel so rudimentary and small. Motherhood is amazing and because it's so amazing every mother should feel whole and blissfully happy. While that sounds like an easy task, many of us find ourselves lost among the dishes, carpools, homework, and family calendar. It doesn't have to be that way. *ME BEFORE MOM* asks moms to put in the time to find themselves again; stripping off the mom guilt of what motherhood should look like. What Bert Anderson has written is a call for mothers everywhere to focus on themselves, whether it's through finding a new passion, taking care of herself or investing in friendships. Each chapter focuses on a topic: finding your passion, self-care, emotional intimacy, and self assessments. Written in an easy format and with an accompanying journal *ME BEFORE MOM* is the perfect book for mothers of all ages.

Motherhood in Literature and Culture
- Gill Rye 2017-06-26

Motherhood remains a complex and contested issue in feminist research as well as public discussion. This interdisciplinary volume explores cultural representations of

motherhood in various contemporary European contexts, including France, Italy, Germany, Portugal, Spain, and the UK, and it considers how such representations affect the ways in which different individuals and groups negotiate motherhood as both institution and lived experience. It has a particular focus on literature, but it also includes essays that examine representations of motherhood in philosophy, art, social policy, and film. The book's driving contention is that, through intersecting with other fields and disciplines, literature and the study of literature have an important role to play in nuancing dialogues around motherhood, by offering challenging insights and imaginative responses to complex problems and experiences. This is demonstrated throughout the volume, which covers a range of topics including: discursive and visual depictions of pregnancy and birth; the impact of new reproductive technologies on changing family configurations; the relationship between mothering and citizenship; the shaping of policy imperatives regarding mothering and disability; and the difficult realities of miscarriage, child death, violence, and infanticide. The collection expands and complicates hegemonic notions of motherhood, as the authors map and analyse shifting conceptions of maternal subjectivity and embodiment, explore some of the constraining and/or enabling contexts in which mothering takes place, and ask searching questions about what it means to be a 'mother' in Europe today. It will be of interest not only to those working in gender, women's and feminist studies, but also to scholars in literary and cultural studies, and those researching in sociology, criminology, politics, psychology, medical ethics, midwifery, and

related fields.

The Motherhood Business - Anne Teresa
Demo 2015-11-13

The essays in *The Motherhood Business* examine how consumer culture both constrains and empowers contemporary motherhood. The collection demonstrates that the logic of consumerism and entrepreneurship has redefined both the experience of mothering and the marketplace.

[The Complete Guide to Mental Health for Women](#) - Lauren Slater 2003-08-15

As women, we know how important it is to take charge of our health care-to be informed and proactive. But too often we forget that our mental wellness is an integral part of our overall health. *The Complete Guide to Mental Health for Women* is the definitive resource for women looking for answers to their mental health questions, whether those questions concern a disorder like depression or adjusting to major life changes like motherhood or divorce. Drawing on the latest thinking in psychiatry and psychology, written for women of diverse backgrounds, *The Complete Guide to Mental Health for Women* begins with Part One, the life cycle, helping women understand the major issues and biological changes associated with young adulthood, middle age, and old age. Specific entries address the psychological importance of women's sexuality, relationships, motherhood, childlessness, trauma, and illness and discuss how social contexts, such as poverty and racism, inevitably affect mental health. Part Two explores specific mental disorders, including those, like postpartum depression, related to times when women are particularly vulnerable to mental illness. Part Three takes a closer look at biological treatments-including the use of antidepressants, and various types of psychotherapy-from cognitive behavioral treatments

to EMDR and beyond. *The Complete Guide to Mental Health for Women* ends with a section on life enhancements-because the activities that help us live fuller, more vital lives are also essential to our mental health. *The Complete Guide to Mental Health for Women* * Draws on the knowledge and practical experience of more than fifty psychologists and psychiatrists * Helps women think through the psychological challenges inherent in the life cycle, from young adulthood through old age * Focuses on key life issues, from sexuality and relationships to trauma and racism * Provides important information on mental disorders, their biological treatments, and psychotherapeutic interventions * Includes a comprehensive list of psychotropic medications, targeted reading suggestions, crucial online resources, and support groups *The Complete Guide to Mental Health for Women* covers what every woman should know about: * Aging. What should I expect from menopause? What do I need to know about the benefits and risks of hormone therapy? * Pregnancy. How will becoming a mother change me? How do I overcome postpartum depression? * Childlessness. What if I don't want to be a mother? * Sexuality. Is a "female Viagra" the solution to women's sexual complaints? How does societal ambivalence about women's sexuality affect me? * Body Image and Eating Disorders. Are all eating disorders a reaction to societal pressures to be thin? * Polypharmacy. Why are some patients prescribed more than one type of psychotropic drug? Is this overmedicating? * Finding a Psychotherapist. How do I know if a therapist is right for me? And how do I know what type of therapy I need? * Anger. Why is it the most difficult emotion for many women to express? * EMDR. What exactly is EMDR? Is it a reputable therapy? * Depression and

Anxiety. What do I need to know about psychopharmaceuticals? Does talk therapy help? * Complementary

Treatments for Depression and Anxiety. Does St. John's Wort really work? What else might help?